

# Arizona Department of Health Services

## OCDPNS Nutrition Standard

### Breastfeeding

#### Contraindications:

- HIV/AIDS (1,2,3)
- Active, untreated TB (1,2,3)
- Substance abuse (including alcoholism) (1,2,3)
- Certain medications (e.g., radioactive, isotopes, chemotherapeutic drugs, lithium). (1,2,3)

#### Dietary Quality/Appropriate Nutrition:

##### Macronutrients

- **Protein:**  
All ages – 71 g/day AI (4)
- **Carbohydrates:**  
All ages – 210 g/day AI (4)  
No more than 25% of total energy from added sugars
- **Total fat:**  
All ages - 20-35 g/day AMDR (4)  
Aim for 30% or less of total kcals from fat
- **Total Fiber:**  
All ages – 29 g/day AI (4)

Follow Food Guide Pyramid (5) and the Dietary Guidelines for Americans (6) for food choices and appropriate serving sizes.

##### Persons > 2 years should follow Dietary Guidelines

###### *Aim for Fitness . . .*

- Aim for a healthy weight.
- Be physically active each day

###### *Build a Healthy Base . . .*

- Let the Pyramid guide food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

*Choose Sensibly . . .*

- Choose a diet low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

## **Iron**

- Dietary Reference Intake (DRI): (7)
- < 18 years of age: 10 mg/d
- 19-50 years of age: 9 mg/d

## **Fruit/Vegetable Intake**

### **Vitamin A**

- DRI's (7)
- ≤18 years: 1200 µg/d
- 19-30 years: 1300 µg/d
- 31-50 years: 1300 µg/d

### **Vitamin C**

- DRI's (8)
- ≤18 years: 115 mg/d
- 19-30 years: 120 mg/d
- 31 – 50 years: 120 mg/d

Significant scientific evidence supports the recommendation to consume 5-9 servings of fruits and vegetables each day to improve health and lower risk for cancer, heart disease, and other conditions. To increase consumption of fruits and vegetables:

- Eat a variety of colorful fruits and vegetables each day.
- Include vegetables and fruits at every meal and for snacks.
- Limit French fries, snack chips, and other fried vegetable products.
- Choose 100% fruit and vegetable juices.

Use the Food Guide Pyramid to guide choices:

- 3-5 servings of vegetables
- 2-4 servings of fruits

### ***Serving Sizes – Vegetable Group***

1 cup of raw leafy vegetables
1/2 cup of other vegetables -- cooked or chopped raw
3/4 cup of vegetable juice

## Serving Sizes – Fruit Group

1 medium apple, banana, orange
1/2 cup of chopped, cooked, or canned fruit
3/4 cup of fruit juice
1 /4 cup dried fruit, like raisins

## Calcium and Vitamin D

### Calcium

- DRI's (9)
- ≤ 18 yrs: 1300 mg/d (AI)
- 19 – 30 yrs: 1000 mg/d (AI)
- 30 – 50 yrs: 1000 mg/d (AI)

### Vitamin D:

- DRI 's (9)
- All ages: 5 mcg/day

Use the Food Guide Pyramid to guide choices:

- 2-3 servings for Milk Group

## Serving Sizes – Milk Group (milk, yogurt, cheese)

1 cup of milk or yogurt
1-1/2 ounces of natural cheese
2 ounces of processed cheese

Recommend fat free or low fat dairy products. This includes lactose-free and lactose-reduced milk products. One cup of soy-based beverage with added calcium is an option for those who prefer a non-dairy source of calcium.

## Folic Acid

- DRI's (10):
  - All ages: 500 mcg/day, 1000 mcg/day UL
- Upper Limit (UL) applies to synthetic forms from supplements and fortified foods.

## Additional Considerations

### Alcohol

- Avoid alcohol or drink it right after breastfeeding (1)

## Smoking

- Smoking <20 cigarettes/d does not effect breast milk composition significantly. More than 20 cigarettes/d increases the risk of having nicotine in the milk. (2,3)
- Heavy smoking can lead to < lactation and may cause diarrhea, nausea, vomiting, and abdominal cramps in the infant. (2,3)
- Smoking should be avoided right before breastfeeding due to increased concentrations of nicotine in milk. (2,3)

## Caffeine

- Limit caffeine to 3 or fewer cups of coffee or its equivalent per day (2,3)

## Fluid Intake

- Women should ‘drink to thirst’ to maintain adequate fluids (~2 quarts of water per day as a minimum is recommended) (2,3)

## Healthy Weight

- Postpartum women who are interested in losing weight should avoid “dieting” until 8 weeks postpartum and after consulting with their physician.(3)
- Calories/day should not go below 1800 kcal. (3)
- Safe weight loss is ~.5 kg/wk (2,3)

## Screening

Body Mass Index (BMI) is recommended for screening adults. BMI is calculated from weight and height measures and can be plotted on a standard growth chart.

For breastfeeding women 20 years of age and younger, refer to the growth charts available at <http://www.cdc.gov/growthcharts>

For breastfeeding women 21 years of age and older, use the BMI Calculator available at <http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-means.htm>.

## Physical Activity

- Generally recommended to wait 6 weeks after the birth of the baby and consult with physician
- Moderate intensity exercise does not adversely effect milk production or milk composition and infants acceptance (45 minutes/d 5 days per week) (7)
- Start exercise slowly and gradually after the birth of the baby.

## **Oral Health**

DRI's for Fluoride: (2)

- All ages: 3 mg/d (AI)

Concentration of optimal fluoride in water for maximal dental caries prevention is 0.7 ppm to 1.2 ppm (8)

To prevent dental caries: Drink fluoridated water, use fluoridated toothpaste, brush & floss regularly, have dental sealants applied to pits/fissures of teeth & consume sugars in moderation (8)

## **Food Security 9, 10,11,12**

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

***Hunger and food insecurity are most prevalent among households with incomes below the official poverty level, and in households headed by single women with children.***

***For programs assessing food security status, utilize USDA resources on measurement of household and community food security.***

***Arizona Farmers' Market Nutrition Program: The WIC Farmers' Market Nutrition Program (FMNP) is associated with the Special Supplemental Nutrition Program for Women, Infants and Children, popularly known as WIC, provides supplemental foods, health care referrals and nutrition education at no cost to low-income pregnant, breastfeeding and non-breastfeeding post-partum women, and to infants and children up to 5 years of age, who are found to be at nutritional risk. Women, infants (over 4 months old) and children that have been certified to receive WIC program benefits or who are on a waiting list for WIC certification are eligible to participate. For additional information, call (800) 362-0101.***

***Child and Adult Care Food Program: Provide nutritious meals and snacks to children and adults.***

Free Meals	Incomes at or below 130 percent of the poverty level
Reduced meals	Incomes between 130 percent and 185 percent of the poverty level
Full price meals	Incomes over 185 percent of poverty level

**Commodity Supplemental Food Program:** *The population served by CSFP is similar to that served by USDA's [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#), but CSFP also serves people who are 60 years or older, and provides food rather than the food vouchers that WIC participants receive. Eligible people cannot participate in both programs at the same time. CSFP food packages do not provide a complete diet, but rather are good sources of the nutrients typically lacking in the diets of the target population. For additional information, call the WIC hotline at (800) 362-0101.*

**Food Banks, Food Pantries, and Emergency Feeding Centers:** Food Banks and Pantries can give an emergency supply of food. For additional information, call Community Information and Referral at (800) 352-3792.

**Food Stamp Program:** The Food Stamp Program helps low-income families with electronic benefits they can use like cash at most grocery stores to obtain a more healthy diet. Eligibility is based on the Food Stamp household's resources (such as bank accounts), income, and other requirements such as residence, citizenship or qualified non-citizen status and cooperation with the Department of Economic Security's Food Stamp Employment and Training Program. For more information, call 1-800-352-8401 or visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org)

**School Lunch and Breakfast Program:** The National School Lunch Program (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. For additional information, please call Arizona Department of Education (602) 542-8700.

Free Meals	Incomes at or below 130 percent of the poverty level
Reduced meals	Incomes between 130 percent and 185 percent of the poverty level
Full price meals	Incomes over 185 percent of poverty level

After school snacks are provided to children on the same income eligibility basis as school meals. However, programs that operate in areas where at least 50 percent of students are eligible for free or reduced-price meals serve all snacks free.

**Senior Nutrition Programs:** This program is designed to provide older Americans with low cost nutritious meals through both Congregate Meals and Meals delivered at home. Also, several private organizations provide "Meals-on-Wheels" service. For additional information, please call Elder Resource and Referral at (602) 542-4446.

**Summer Food Program:** The Summer Food Service Program ensures that children in lower-income areas receive nutritious meals during long school vacations, when they do not have access to school lunch or breakfast. SFSP sponsors receive payments for serving healthy meals and snacks to children and teenagers, 18 years and younger, at approved sites in low-income areas. For additional information, please call Arizona Department of Education (602) 542-8700.

**WIC – Women, Children and Infants:** The Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC Program - serves low-income women, infants, & children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. For additional information, call the WIC hotline at (800) 362-0101. Income must be at or below [185 percent of the Federal poverty income guidelines](#).

## **Shopping/Food Resource Management**

Plan meals to save money, time and effort.

Make a grocery list of all the foods needed. Make meals easier to prepare by trying new ways to cook foods and use planned leftovers to save both time and money.

### **Cost Saving Tips**

Look for specials in the newspaper ads for the stores and for coupons for foods on the grocery list.
Look for bargains on day-old bread and bakery products
Consider buying in bulk.
Buy fresh fruits in season.
Nonfat dry milk is the least expensive way to buy milk.
Use label and shelf information in the grocery store to compare fresh, frozen, and canned foods and convenience foods versus scratch foods to see which is less expensive.
Use dry beans and peas instead of meat, poultry, or fish.

## **Food Safety**

Provide information on preventing food borne illness when providing nutrition education. Important information to include:

### ***Clean – Wash hands and surfaces often***

Wash hands in hot soapy water for at least 20 seconds before preparing food and after using the bathroom, changing diapers and handling pets. Wash cutting boards, knives, utensils and counter tops in hot soapy water after preparing each food item and before going on to the next one. Use plastic or other non-porous cutting boards. Cutting boards should be run through the dishwasher - or washed in hot soapy water - after use.

***Separate – Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing***

Separate raw meat, poultry and seafood from other food in the grocery-shopping cart. Store raw meat, poultry and seafood on the bottom shelf of the refrigerator so juices don't drip onto other foods. If possible, use one cutting board for raw meat products and another for salads and other foods that are ready to be eaten. Never place cooked food on a plate that previously held raw meat, poultry or seafood.

***Cook to a safe temperature***

Use a meat thermometer, which measures the internal temperature of cooked meat and poultry, to make sure that the meat is cooked all the way through. Cook roasts and steaks to at least 145°F. Whole poultry should be cooked to 180°F for doneness. Cook ground meat, where bacteria can spread during grinding, to at least 160°F. If a thermometer is not available, do not eat ground beef that is still pink inside. Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.

***Chill - Refrigerate perishable foods promptly***

Refrigerate or freeze perishables, prepared food and leftovers within two hours. Never defrost (or marinate) food on the kitchen counter. Use the refrigerator, cold running water or the microwave. Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.

For individuals at high risk of food borne illness such as pregnant women, young children, older persons, and people with weakened immune systems or certain chronic illnesses, also recommend the following:

- Do not eat or drink unpasteurized juices, raw sprouts, raw (unpasteurized) milk and products made from unpasteurized milk.
- Do not eat raw or undercooked meat, poultry, eggs, fish, and shellfish (clams, oysters, scallops, and mussels)

**Useful Resources:**

For other food safety information from

[www.FoodSafety.gov](http://www.FoodSafety.gov)

<http://www.fightbac.org/main.cfm>

<http://vm.cfsan.fda.gov>

[www.fsis.usda.gov](http://www.fsis.usda.gov)

1-888-SAFEFOOD for seafood, fruits and vegetable information from the US Food and Drug Administration

1-800-535-4555 for meat and poultry information from the United States Department of Agriculture.



## **Policy/Environmental Support**

Workplace should provide opportunity for mother to breastfeed or pump milk for as long as she desires. This might include:

- Provide room for pumping and expression
- Have refrigerator available for storing pumped milk
- Provide education to mother and to staff
- Allow for breaks and flexible hours
- Encourage media to present breastfeeding in a positive way.
- Allowing mother to bring infant to workplace

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